DOCUMENT RESUME

ED 110 422 SP 009 405

AUTHOR Caldwell, Stratton F.
TITLE The Human Potential Movement: Body/Movement/Non-Verbal Experiencing.
PUB DATE Apr 73
NOTE 13p.; For a related document, see SP 009 406; Paper presented at the Annual Conference of the California Association for Health, Physical Education, and Recreation (40th San Diego, California, April 13-16, 1973)

EDRS PRICE MF-$0.76 HC-$1.58 PLUS POSTAGE
DESCRIPTORS Athletics; Body Image; Body Language; Individual Development; *Nonverbal Communication; *Personal Growth; *Physical Activities; *Physical Education; Psychological Needs; Self Actualization
IDENTIFIERS Growth Centers; *Human Potential Movement

ABSTRACT

A social, humanistic movement focusing on the needs and concerns of more advantaged, affluent persons has emerged, called the "Human Potential Movement." The emphasis of the movement centers around group processes, small group experiences, and the search for personal, interpersonal, and organizational growth. The development and emergence of growth centers has probably been the major influence in determining the scope, direction, importance and spread of the Human Potential Movement. There is much diversity among growth centers, but basic purposes and intent are similar. Within the Human Potential Movement, and more specifically within growth centers, the body has rejoined the mind in a social, humanistic emphasis on the integrated, holistic, total human being. The emergence of growth centers in the United States during the past decade and the publication of considerable literature in the field of sport and athletics with strong humanistic emphases clearly indicate a need for deeper understanding of the meaning of physical education, body, movement, and nonverbal experiencing in the years ahead. (Included in this paper are descriptions of six growth centers and a list of body, movement, and nonverbal experiences.) (RC)

****
* Documents acquired by ERIC include many informal unpublished *
* materials not available from other sources. ERIC makes every effort *
* to obtain the best copy available. nevertheless, items of marginal *
* reproducibility are often encountered and this affects the quality *
* of the microfiche and hardcopy reproductions ERIC makes available *
* via the ERIC Document Reproduction Service (EDRS). EDRS is not *
* responsible for the quality of the original document. Reproductions *
* supplied by EDRS are the best that can be made from the original. *
****

ED110422

U S DEPARTMENT OF HEALTH,
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

THE HUMAN POTENTIAL MOVEMENT: BODY/MOVEMENT/NON-VERBAL EXPERIENCING*

Stratton F. Caldwell, Ph.D.
Department of Physical Education
California State University, Northridge

SP009 105

* Presented at the Fortieth Annual Conference of the California Association for Health, Physical Education and Recreation, April 13-16, 1973, San Diego, California.

Introduction

During the decade of the 1960's, a social movement emerged in the United States characterized by the quest, search, demand of countless citizens for a different, new, another America ... for the fulfillment, realization of the American Commitment, the American Dream. This movement, rooted in a humanist ethic, became manifest in thought, feeling, action in highly diverse political, economic, social, religious, educational, psychological forms ..., a search for a new sense of purpose, new direction for America. Central to the humanist emphasis were the unfulfilled needs, wants, aspirations of many ..., the poor, chicanos, Indians, blacks, gays, students, women ...those often identified as the disadvantaged or "different", perhaps more correctly and exactly described as the "dispossessed".

The Human Potential Movement

One thrust of this emerging, social, humanist movement of the 1960's not primarily focused on meeting the needs and aspirations of the disadvantaged or dispossessed generally, rather the needs and concerns of more advantaged, affluent persons, has been named or identified as the "Human Potential Movement", "Human Potentialities Movement", "Human Awareness", "Human Growth", or "Group Movement". This emphasis centered in group processes, small group experiences, the search for personal/interpersonal/organizational ways of growth, awareness and change. The movement has been described as "a quest conducted in hundreds of ways and places, to re-define and enrich the spirit or social man" (14:54, 1970), and it addressed itself to the lonely struggles that each of us must wage with ourselves, but it offered companions in the struggle to ease the sense of loneliness." (16:1972)

The search for self and ways of enabling, facilitating personal/interpersonal/organizational growth, change, awareness, were and are manifest in diverse "educational", "growth", "therapeutic" forms and environments. Information about diverse forms, avenues, ways, strategies, theories, methodologies, styles, approaches to personal/interpersonal/organizational growth, change, awareness is to be found in such writings as Berne (3:1964), Bradford, Gibb, Benne (4:1964), Otto (18:1966), Bugental (5:1967), Shostrom (26:1967), Schutz (24:1967), Batchelder and Hardy (2:1968), DeRopp (9:1968), Otto and Mann (19:1968), Gustaitis (11:1969), Perls (21:1969), Sutich and Vich (29:1969), Egan (10:1970), Howard (12:1970), Yalom

(30:1970), Siroka, Siroka and Schloss (27:1971), Schutz (25:1971) and Solomon and Berzon (28:1972).

Among an incredibly wide and diverse range of forms, methodologies, approaches and ways utilized in the Human Potential Movement are such emphases as basic encounter, meditation, Gestalt therapy, logotherapy, memory training, growth support groups, psychodrama, Arica training, massage, T groups, conflict resolution, transactional analysis, hypnosis, negotiation skills, psychosynthesis, conjoint family therapy, ESP, encounter marathon, biofeedback, systems analysis, primal encounter, consciousness raising, tori community, astrology, tantra, couples weekend, hypnodrama, confluent education, values workshop, somatology, zen, video interaction group, satori, mandala, ecodrama, sensing, drop-in programs, dreams, laboratory training, addiction groups (Synanon, Alcoholics Anonymous), interpersonal relations, nude groups, nonverbal sensory awareness groups, consultation skills, confrontation, sociotherapy, tarot, theme groups, homosexual encounter groups, structural integration, Alexander technique, sensory awakening, cosmic consciousness, family therapy groups, Feldenkrais method, Hatha yoga, children's groups, imagery techniques, touching, dreams, fantasy, self-discovery workshop and <u>many</u>, <u>many</u> others.

Experiences within the Human Potential Movement, as with any human experiencing, may perhaps be best perceived and understood as "for better or for worse", depending upon the valuing placed upon such experiencing by self/others/society.

<u>Growth Centers</u>

The development and emergence of "growth centers", centers for the development/facilitation of personal/interpersonal/organizational growth, change and awareness, have been probably, the major influence, the clinical thrust determining the scope, direction, importance and spread of the Human Potential Movement.

Growth centers have evolved as non conventional social institutions or inventions emphasizing the <u>experiencing</u>, <u>whole person</u>. If, as Criswell and Peterson (8:1972) state, "Humanistic psychology is the erratic heart of the counterculture", then growth centers may be described as somas, bodies providing the milieu in which the whole person's heart beats.

Growth centers have spread rapidly throughout the United States and the world since the development and emergence of Esalen Institute in Big Sur, California in 1962, the first and oldest of the growth centers. Jane Howard (12:258-261, 1970)

identified 87 in the United States, Canada, Mexico and Puerto Rico and over 100 were cited in Time magazine (14:1970) in 1970. In April of 1972 the Association for Humanistic Psychology[1] published a list of growth centers throughout the world numbering over 170. Among these were almost 15 in Canada, 1 in Hawaii and over 10 in overseas countries. Another source of information about growth centers may be found in the book A Catalog of the Ways People Grow (22:1971) by Peterson. This book identifies and lists growth centers and indicates over six million people have utilized such centers.

Types of growth centers vary widely. Among the diverse emphases to be found on the AHP list are: Center for Applied Social Science, Creativity Laboratories, Institute for Rational Living, N.T.L. Institute for Applied Behavioral Science, Nemaya Farm Growth Center, Tao House, Ananda Martha Yoga Society, Gestalt Institute of Cleveland, Institute of General Semantics, Marital Resource Center, Postgraduate Center, Forest Hospital, Arica Institute, Blue Mountain Center of Meditation, The Center for Feeling Therapy, Center for the Studies of the Person, Encounter Consultants Incorporated, Group Process Institute, Inner Light Foundation, Psychosynthesis Institute, Self Therapy Workshops, Thomas Jefferson Research Center, Aureon Institute, Pendle Hill, University Associates, Kairos and Quaesitor.

To better understand diversity among growth centers as well as valuing commonalities relative to thrust, intent, purpose and emphases, selective information from six growth centers is presented:

1. "AHR", Associates for Human Resources, Inc., Concord, Massachusetts. . . . our entire program and each workshop is designed to help you become more aware of yourself as a physical, emotional, intellectual, spiritual entity. We are providing special situations in which you may observe others - and yourself through the eyes of others as you act in a controlled and supportive environment, in which you are helped to get in touch with your feelings, your body, your inner and outer spaces, your transcendence of your usual reality; and on these many levels to learn how to express yourself more directly and constructively, to develop meaningful relationships, to try out new and more rewarding ways of behavior. (1:1973).

2. Berkeley Center for Human Interaction, Berkeley, California. The programs in this announcement are especially designed for those concerned with:
   1. the theory and practice of organizational development and change;
   2. managerial skills with practice through simulations;
   3. the function of personal power within an organization;
   4. the development of human resources and individual freedom within a system; (17:1971).

---

[1]Association for Humanistic Psychology, 416 Hoffman Street, San Francisco, California, 94114.

3. Cambridge House, Wilwaukee, Wisconsin.
Cambridge House is an adult learning center that provides a warm and caring environment in which people can discover themselves and increase the actualization of their innate potential. They find, within a climate of integrity, new ways of exploring and expressing themselves and relating to others. Our aim is to facilitate the integration of mind, body, feelings and intuition through a variety of approaches. (20:1973).

4. Center for the Whole Person, Philadelphia, Pennsylvania.
The Center for the Whole Person is a non-profit educational institute engaged in experiential approaches to human understanding and awareness. The program of the Center is physically and emotionally strenuous program of education of body and mind. The program is not offered for the care of illness or disturbance, either emotional, mental or physical. (7:1973).

5. Encounter Consultants Incorporated, Cody, Wyoming.
The Encounter Group experience provides an opportunity for each person to grow in openness, sensitivity, and creativity, and to explore the use of personal potential for more productivity in life and work. (13:1973).

6. Interlogue, Palo Alto, California.
Interlogue was created because we deeply believe:
... that individual change can be facilitated and constructively explored by an open one-to-one dialogue with someone who is trained and concerned enough to listen.
... that such assistance should be more easily available to people seeking it.
... that assisting individuals to confront change in their own lives adds meaning and purpose to their own lives. (15:1973).

As the brochure information indicates, growth centers emphasize the humanness, wholeness, potential, integrated totality of the person, providing experiential learning rooted in feeling, sensing, knowing as a way of personal/interpersonal/organizational facilitation of growth, change in awareness, understanding, behavior.

Body, Non Verbal, Movement Emphases

Within the Human Potential Movement, and more specifically growth center experiential emphases, the body has rejoined the mind/psyche in the social, humanist emphasis on the integrated, holistic, total human being. There has been a rediscovery, renaissance, resurrection of the body as central, integral to man's unified being and becoming. Burton (6:14, 1970) indicates that encounter attempts "to return the body to the disembodied psyche", and body/non verbal/movement experiencing is central to the thrust of the movement.

In an attempt to identify and understand the scope and emphases of experiences centered in, encompassing, or closely related to body/non verbal/movement phenomena in growth centers over the past four year period (1970-1973), a letter

was sent in 1970 and again in 1972 to growth centers throughout the world asking for descriptive literature. Growth centers were identified in 1970 from a list obtained from Esalen Institute, from the 1972 Association for Humanistic Psychology list and the publication, A Catalog of the Ways People Grow by Peterson. (22:1971).

Examination of the titles and descriptions of offerings in the growth center literature revealed a multitude of experiential methodologies, programs, practices, ideas, forms, procedures, avenues, ways, resources, opportunities for personal/interpersonal/organization growth, change, awareness involving body/movement/non verbal emphasis.

Among the staggering variety of body/non verbal/movement forms, methodologies, approaches, and emphases identified in the growth center literature received were: Gestalt awareness, sensory awakening, nudity, gestalt psychosynthesis, bodily masks, biofield, energy body, massage, body awareness, chanting, meditation, bioenergetics, structural integration, Hatha yoga, energy awareness, sensing, psychomotor therapy, primal encounter, tai chi chuan, aikido, breathing techniques, acupuncture, biofeedback, sensory relaxation, structural awareness, non verbal communication, karate, arica sufism, sensory encounter, body consciousness, Alexander technique, body language, body rhythms touch, mudra, neuromuscular re-integration, body therapies, sense heightening, sensory bombardment, polarity therapy, body flow, bodily identity, body sounds, inner space, non verbal encounter, psychodrama, dervish dancing, body journey, Feldenkrais exercises, trance dances, kung fu, body gestalt, movement flow and Reichian methods.

A sampling of titles of body/movement/non verbal experiences identifiable from the descriptive literature received is provided in order to more clearly identify the variety and purposes of such experiences:

Action and Perception
Acupuncture
Affective Massage - The Joyous Language of Touch
Aikido and Psychosynthesis: Ways of Centering
Aikido: A Way of Mind - Body Harmony
Alexander Technique (The)
Altered States of Consciousness
Ashtanga Yoga
At Home in Your Body
Athletic for What?
Awakening Consciousness
Awareness Through Dance
Being Awareness
Being With
Belly Dancing - Breath Energy
Beyond Awareness
Beyond Encounter
Beyond Games: Contract, Permission and Redecision
Beyond the Verbal
Bio-Energetics and Psychomotor Therapy
Bioenergetics Workshop
Bio-Feedback and Beyond
Bio-Psychosynthesis Workshop
Bodies in Revolt
Body and Its Language
Body Awareness and Energy
Body Being
Body-Ego Encounter
Body Harmonies
Body Oriented Encounter
Bodymind
Body/Mind Weekend
Body Movement and Body Messages

Body Psychology
Body Structure and Awareness
Breathing and Awareness
Breathing, Rhythm and Movement
Centering and Vital Energy
Centering Through Movement and Massage
Channeling
Close Yet Free
Coming Alive
Conscious Mind, Conscious Body
Creativity and Stillness
Cultivating Peak Experiences
Dance and Movement Therapy in a Group Process
Dance and Yoga
Dance Freedom
Dance Therapy Workshop
Dreams and the Body
Dynamic Energy Workshop
Dynamic Hatha Yoga
Dynamics of Psychosynthesis (The)
Ecstatic Athletics
Embodiment
Emotional Integration Through the Body
Energy and Encounter
Energy/Body
Energy Rejuvenation
Experiencing the Space Around You
Experiencing Wholeness
Explorations in Touch
Expression and Being
Extending Human Possibility
Feeling and Body Learning
Feldenkrais Method (The)
Flowmotion
Freeing the Body
Freeing the Spirit and the Body
Gestalt and Feldenkrais Technique
Gestalt and Structural Integration
Gestalt Awareness
Gestalt, Movement and Massage
Gestalt, Sensory Awareness and Self
Gestalt, Zen and Bioenergetics
Getting "High" thru Body Awareness
Group Bioenergetics
Happiness is Moving the Way That is Me
Human Biofield (The)
I Ching and Tai Chi
Identity and Intimacy
Intensive Breath Workshop
Introduction to Arica Sufism
Introduction to Body Consciousness
Introduction to Body Therapies
Journey Through Body Consciousness
Joyful Experience of Psychosound
Karate Workshop
Karma Yoga
Knowing and Moving the Body
Kundalini Yoga: The Tantric Way
Letting Go
Listening to the Body
Living Awareness Meditation
Massage and Breath Energy
Massage and Gestalt
Massage - Non Verbal Caring
Massage - Yoga - Meditation
Meditation and Body Awareness
Meditation: Six Forms
Movement and Nature
Movement, Art and Fantasy
Movement Awareness
Movement, Energy and Sound
Moving Encounter
Movement Exploration
Movement in Depth
Moving Together: A Workshop for Couples
Moving Together, Body and Mind
Neo-Reichian Bioenergetic Workshop (A)
Non-Verbal Conflict Workshop
Nude Bio-Energetic Marathon (A)
On Yoga
Opening Doors
Opening the Feeling: A Neo-Reichian Workshop
Oriental Healing Art of Shiatsu (The)
Our Bodies - Our Selves
Peeling the Ego/Body
Perceptual Awareness and Body Aliveness
Play, Joy and Sadness
Play, Touch and Talk
Polarity Therapy
Primal Encounter
Psychodrama for Expanding Awareness
Psychomotor Workshop
Psychophysical Synthesis
Psychosynthesis
"Regenerating" Life Energies
Relaxation: Yoga Nidra
Releasing Fixed Patterns
Rite of Movement (The)
Role of Body Awareness in Organizing and Expanding Consciousness (The)
Rolfing Gestalt Psychosynthesis
Rolfing: Structural Integration
Say Hello to Your Body
Sense, Sensitivity and Sensuality
Sensing
Sensory Awareness and Psychosynthesis
Sensory - Awareness Meditation Laboratory
Sensory Encounter Group
Sensory Synergy Workshop
Sexercises
Sexual Adequacy and Body Image
Sing the Body Electric
Ski/Encounter
Somatic Wholeness

Stillness and Motion
Structural Awareness
Sufi Training - A Celebration of Life
Tai Chi and Massage
Tai Chi Chuan - Moving Meditation
Tao of Movement
Taoist Ways of Revitalizing Life Force
Tennis Flow
Totems: A Self Portrait Dance
Touching
Understanding Sex Roles Through Movement
Unfreezing the Creative Me
Universal Centering
Unlocking the Body
Way of Centering - And Using It (A)
Western Approach to Centering (A)
Western Yoga
Women: Our Bodies - Our Selves
Words, Feelings and the Body
Yoga of Consciousness and Meditation
Yoga, Tai Chi and Kung Fu
You are Your Body

The celebration of the return, rediscovery, renaissance, resurrection of the body/non verbal/movement dimensionality of total, integrated, holistic feeling, sensing, knowing, moving man in America in the sixties and seventies is evident in an ever increasing body of literature[2] relating to/focusing upon this phenomenon. Two books in particular, Ways of Growth (Otto and Mann:1968), and A Catalog of the Ways People Grow (Peterson:1971), present a wide variety of ways of growth centered in or related directly to body/non verbal/movement phenomena.

---

[2]Some suggested readings are: Assigioli, Robert. Psychosynthesis. New York: The Viking Press, 1965. Birdwhistell, Ray L. Kinestics and Context. Philadelphia: University of Pennsylvania Press, 1970. De Ropp, Robert S. The Master Game. New York: The Delacorte Press, 1968. Fast, Julius. Body Language. New York: M. Evans and Company, Inc., 1970. Feldenkrais, Moshe. Awareness Through Movement. New York: Harper and Row, Publishers, 1972. Gunther, Bernard. Sense Relaxation. Toronto, Ontario: The Macmillan Company, 1968. Hanna, Thomas. Bodies in Revolt. New York: Dell Publishing Company, 1970. Jourard, Sidney M. Disclosing Man to Himself. Princeton, New Jersey: D. Van Nostrand Company, Inc., 1968. Karlins, Marvin and Lewis M. Andrews Biofeedback. New York: Warner Books, Inc., 1973. Lawrence, Jodi. Alpha Brain Waves. New York: Nash Publishing Corporation, 1972. Lewis, Howard R. and Harold S. Streitfeld. Growth Games. New York: Harcourt, Brace Jovanovich, Inc., 1970. Lowen, Alexander. Pleasure. New York: Lancer Books, 1970. Lowen, Alexander. The Betrayal of the Body. Toronto, Ontario: The Macmillan Company, 1967. Maisel, Edward. The Resurrection of the Body. New York: Dell Publishing Company, Inc., 1969. Montagu, Ashley. Touching. New York: Harper and Row, Publishers, 1971. Nirenberg, Gerard I., and Henry H. Calero. How to Read a Person Like a Book. New York: Cornerstone Library, 1971. Otto, Herbert A., and John Mann. Ways of Growth. New York: The Viking Press, 1968. Perls, Frederick S. Gestalt Therapy Verbatim. Lafayette, California: Real People Press, 1969. Peterson, Severin. A Catalog of the Ways People Grow. New York: Ballantine Books, 1971. Schutz, William C. Joy. New York: Grove Press, Inc., 1967. Schutz, William C. Here Comes Everybody. New York: Harper and Row Publishers, 1971. Stevens, John O. Awareness. Lafayette, California: Real People Press, 1971. Ruitenbeek, Hendrik M. The New Group Therapies. New York: Avon Books, 1970.

In Ways of Growth (Otto and Mann:1968), articles discuss play and self-development, breathing therapy, sensory awakening, sensory awakening and relaxation, sex and awareness, facilitating peak experiences, gestalt therapy and meditation.

In A Catalog of the Ways People Grow (Peterson:1971), the following body/movement/non verbal emphases, forms, methodologies, approaches, ways of growth are identified and discussed: Aikido, Alexander technique, bioenergetic analysis, breathing therapy, gestalt therapy, hara, hatha yoga, meditation, movement in depth, Patanjali's yoga, psychotherapy, sensory awareness, Sheldon's types, structural integration, tai chi chuan, yoga and zen.

Within the tremendous variety and scope of body/non verbal/movement experiential learning opportunities identifiable within the movement, several thrusts or dimensions are evident. These thrusts or dimensions emphasize:

1. The existential "here and now" moment of one's unique existence, individuality, beingness, well-beingness, becomingness, aliveness and full humanness.
2. Awareness and full utilization of one's sensory existence.
3. Facilitating psychophysical synthesis and integration, experiencing self as total, whole, mind - body - emotions - spirit - environmental integration.
4. Experiencing deeply and fully the affective existence of self and others.
5. Physical contact with others.
6. Experiencing the changingness, energy, structure, freedom, pleasure of the somatic aspects of consciousness.
7. Exploring and experiencing widely and deeply the meaning and significance of movement in developing, heightening, expanding, altering communication/expression/understanding/awareness/consciousness with self/others/environment.
8. Innovative, experimental, experiential forms and processes free from more traditional, conventional western institutionalized limitations.
9. Movement/body/nonverbally oriented experiences, in individualized and group settings, as central to the development and realization of human potential, the quest toward self-actualization of persons.

Physical Education

The emergence of growth centers in the United States during the past decade emphasizing and valuing body/non verbal/movement experiencing, the wealth of literature relating to body/non verbal/movement phenomena, and the publication of considerable literature in the field of sport, athletics (amateur and professional

with strong humanistic, counterculture emphases[3], clearly indicates a need for a broader, deeper understanding of the meaning, significance of sport/athletics/physical education/dance/games/body/non verbal/movement experiencing in the years ahead.

Now appears to be the opportune time to begin to investigate, explore, experiment with various movement/non verbal/body emphases,methodologies, forms, processes available in growth center experiences and/or described in written form.

The challenge of new directions, new alternatives, new purposes for body/movement/non verbal experiences is clear. How will we respond to this challenge?

---

[3]See Edwards, Harry. The Revolt of the Black Athlete. New York: The Press, 1969. Hoch, Paul. Rip Off the Big Game. New York: Doubleday and Company, Inc., 1972. Meggyesy, Dave. Out of Their League. Berkeley, California: Ramparts Press, Inc., 1970. Schecter, leonard. The Jocks. New York: Cornet Communications, Inc., 1970. Scott, Jack. The Athletic Revolution. New York: The Free Press, 1971.

BIBLIOGRAPHY

1. "AHR", Associates for Human Resources, Inc., (brochure), 1973.

2. Batchelder, Richard L., and James M. Hardy. Using Sensitivity Training and the Laboratory Method. New York: Association Press, 1968.

3. Berne, Eric. Games People Play. New York: Grove Press, Inc., 1964.

4. Bradford, Leland P., Gibb, Jack R., and Kenneth D. Benne (editors). T-Group Theory and Laboratory Method. New York: John Wiley and Sons, Inc., 1964.

5. Bugental, James F.T. (editor). Challenges of Humanistic Psychology. New York: McGraw-Hill Book Company, 1967.

6. Burton, Arthur (editor). Encounter. San Francisco: Jossey-Bass Inc., Publishers, 1970.

7. "Childhood II - 1973, January-February-March", Center for the Whole Person (brochure), 15 pp, 1973.

8. Criswell, Eleanor and Severin Peterson. "The Whole Soul Catalog", Psychology Today, 5, April, 1972.

9. DeRopp, Robert S. The Master Game. New York: Delacorte Press, 1968.

10. Egan, Gerard. Encounter. Belmont, California: Wadsworth Publishing Company, Inc., 1970.

11. Gustaitis, Rosa. Turning On. Toronto, Ontario: The Macmillan Company, 1969.

12. Howard, Jane. Please Touch. New York: McGraw-Hill Book Company, 1970.

13. "Human Being is Man's Valuable Natural Resource", Encounter Consultants Incorporated, (brochure), 1973.

14. "Human Potential: The Revolution in Feeling", Time, November 9, 1970.

15. "Interlogue", Interlogue, A Center for People in Change, (brochure), 1973.

16. Lerner, Max, "The Human Potentials Movement: A Pattern of Meaning Needed", Los Angeles Times, October 19, 1972.

17. "Managerial Skills Workshops, Spring 1971", Berkeley Center for Human Interaction, (brochure), 1971.

18. Otto, Herbert A. (editor). Explorations in Human Potentialities. Springfield, Illinois: Charles C. Thomas Publisher, 1966.

19. _____, and John Mann. Ways of Growth. New York: The Viking Press, 1968.

20. "Our Program, January-April, 1973", Cambridge House, (brochure), 1973.

21. Perls, Fritz. Gestalt Therapy Verbatim. Lafayette, California: Real People Press, 1969.

22. Peterson, Severin. A Catalog of the Ways People Grow. New York: Ballantine Books, 1971.

23. "Quest: April-May-June, 1973", Quest, Center for Human Growth, (brochure), 26 pp, 1973.

24. Schutz, William C. Joy: Expanding Human Awareness. New York: Grove Press, Inc., 1967.

25. _____. Here Comes Everybody. New York: Harper and Row Publishers, 1971.

26. Shostrom, Everett L. Man the Manipulator. New York: Bantam Books, Inc., 1967.

27. Siroka, Robert W., Siroka, Ellen K., and Gilbert A. Schloss (editors). Sensitivity Training and Group Encounter. New York: Grosset and Dunlap, 1971.

28. Solomon, Lawrence, and Betty Berzon (editors). New Perspectives on Encounter Groups. San Francisco: Jossey-Bass Inc., Publishers, 1972.

29. Sutich, Anthony J., and Miles Vich (editors). Readings in Humanistic Psychology. Toronto, Ontario: The Free Press, 1969.

30. Yalom, Irving D. The Theory and Practice of Group Psychotherapy. New York: Basic Books, Inc., Publishers, 1970.